

Orangevale View

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HISTORIC LINCOLN HIGHWAY
SACRAMENTO SIERRA CORRIDOR

Honoring Our Past: Historic Lincoln Highway Signs Coming to Orangevale Page 6

Send us a picture of your favorite Veteran with special message. Email editor@ovview.com.

For the Veteran publication on November 7



Healing Together: Battle Buddy Program Transforms Lives of Veterans and Their Dogs

"I didn't just train my dog—I found my peace," said one of the veterans, as her dog nestled beside her. That sentiment echoed throughout the first-ever Battle Buddy Pilot Program, hosted by Stars and Stripes Dog Rescue, which wrapped this month with resounding success.

After months of planning, the program brought together veterans and their dogs in a powerful journey of healing, connection, and growth—leaving both ends of the leash stronger, calmer, and more confident.

A Mission of Healing

The Healing through Battle Buddies initiative is a no-cost, community-centered pilot designed to help veterans bond with their own dogs in a supportive, therapeutic environment. Serving Citrus Heights, Fair Oaks, and Orangevale, the program addresses invisible wounds—PTSD, anxiety, depression, and isolation—through the loyal companionship of dogs. "Many veterans already have a dog at home that brings them comfort," said Susan Aimes, Founder and Executive Director of Stars and Stripes Dog Rescue. "But they may not know how to channel that bond into something deeper and more therapeutic. That's where this program steps in."

Training with Purpose

Held outdoors in local parks, the program's guided sessions taught basic obedience, emotional support techniques, and wellness practices that benefit both human and dog. The curriculum focused on mutual trust, positive reinforcement, and mental wellness strategies designed to extend beyond the training field.

Unlike traditional service dog models, this veteran-driven approach empowers participants to be their own trainers—building self-reliance, emotional awareness, and a deeper understanding of their dog's cues.

Veterans engaged in obstacle training, calming techniques, and structured exercises. By the end, both handlers and dogs showed remarkable progress: reduced anxiety, improved responsiveness, and a renewed sense of confidence.

Wellness on Both Ends of the Leash

Each participant received a cus-



tom wellness bag filled with items to support their journey—leashes, training treats, journals, essential oils, and stress-reduction tools tailored for veterans. A heartfelt moment came when Orangevale residents Nancy and Judy donated handmade dog blankets to every team. Their gift added a personal touch, reminding veterans that their community stands behind them.

Voices from the Field

"It wasn't just about training—it was about learning to breathe, to connect, and to grow together," shared one veteran.

Another added, "The wellness piece really hit home. I left feeling like I had tools to manage stress and a stronger bond with my dog."

Looking Ahead

With overwhelmingly positive feedback, Stars and Stripes Dog Rescue plans to expand the Battle Buddy Program in the coming year. They're actively seeking support from local businesses, veteran groups, and donors to sustain and grow the mission.

"We believe that healing is strongest when it happens together—veteran and dog, side by side," said Aimes. "The pilot confirmed what we've always known: when we invest in the wellness of both, the results are life-changing."

Get Involved

If you are a veteran who could benefit from this program—or know someone who might—please reach out:

(916) 847-9986 | starsandstripesrescue@gmail.com | starsandstripesdogrescue.org

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ABOUT THE VIEW



ABOUT THE ORANGEVALE VIEW

The "Orangevale View" – the ultimate, award-winning community newspaper – serves Orangevale and surrounding areas, including Fair Oaks, Citrus Heights, and Folsom, CA. With a present estimated readership of more than 37,000, this FREE paper grows with every issue. It is delivered twice a month to at least 15,000 residents' homes and to more than 100 high traffic locations.

The views and opinions printed within are not necessarily those of Publisher Brad Tatum or the Orangevale View staff. Rather, the views and opinions expressed are those of each individual contributor.

SUBMISSION POLICIES:

Submissions from you, our readers, are always welcome, for this is YOUR newspaper. We await school, church, or sports team materials, anniversaries, births, special occasions, memorials, or other items of interest. Donations are encouraged and accepted for anniversaries, births, and other special milestones and announcements. Publication is at the discretion of the Orangevale View staff.

Requirements are simple:

(1) Acknowledge that either you are the author or you have permission to publish from the original author;

(2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.

(3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF.

Please use this format so we do not have to send your work back to you for corrections.

(4) The View does not verify the accuracy of your submissions, and in some cases, dates and information are subject to change. (5) Please email submissions, to YOUR newspaper. The email address is editor@ovview.com. It is you, our

contributors, readers and advertisers who make the Orangevale View a newspaper you want to read.

STAFF:

Brad Tatum -

Publisher/Advertising

Lisa Montes -Editor

VOLUNTEER CONTRIBUTORS

Suzanne Feblowitz

MaryAnne Povey

Community of Orangevale

ORANGEVALE VIEW PO BOX 2051

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For Advertising Call
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DATES TO REMEMBER

NOVEMBER 2025

OCT 29• Public Deadline

NOV 7• OUT TO PUBLIC

NOV 12• Public Deadline

NOV 21• OUT TO PUBLIC

DECEMBER 2025

DEC 5• OUT TO PUBLIC

DEC 10 • Public Deadline

DEC 19• OUT TO PUBLIC



Sacramento Republican Women Federated will hold its Wednesday November 5, Meeting/Luncheon: 11:30am - 2:00pm at North Ridge Country Club: 7600 Madison Ave. Fair Oaks. RSVP by October 29. www.sacramentorwf.com

Join us on Monday mornings at 9:30 for Storytime planned for moms and their little ones. Each week features engaging stories, singing, dancing, and story circle time that will delight your child and spark their imagination. After Storytime, check your kids into our loving childcare and enjoy The Nest. This group for women of all ages meets from 10am - 12pm. Enjoy coffee, treats, workshops and a spiritual moment to encourage your heart. It is the perfect combination of mommy & me time, followed by much needed time to connect with other women

Orangevale Community Tree Lighting - December 5th | 6:00-7:30pm Join your Orangevale family to celebrate the holiday season with photos with Santa, festive performances, and more!



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At Moore's Garage we know the value and importance of community and the impact a supportive one can have on the next generation.

In partnership with the Casa Robles High School Auto Shop Program, we train R.O.P. students each year. This fall CRHS student, Jack, has joined the Moore's Garage team.

"My name is Jack and I've been in the automotive program at Casa Roble for four years to take my mechanical knowledge as high as possible. My main goals are to learn and grow to eventually open my own shop in the future. Thanks to Jim Moore and everyone at Moore's Garage, this goal will probably come quicker than I ever thought possible."

Jack and the rest of the Moore's Garage team look forward to seeing you soon!

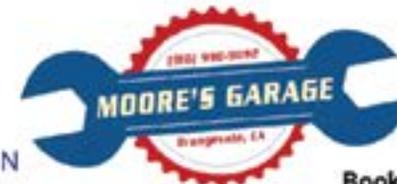
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FIXING SACRAMENTO COUNTY'S ROADS: A STRAIGHTFORWARD PLAN THAT WORKS

Fixing Sacramento County's Roads: A Straightforward Plan That Works

By Supervisor Rosario Rodriguez



Supervisor Rosario Rodriguez

If you've driven anywhere in Sacramento County lately, you've probably noticed the same thing I have: our roads are in rough shape. Potholes, cracks, and worn pavement have become the norm instead of the exception. The truth is that the condition of our county's road network has continued to decline — and unless we act, it's only going to get worse.

Right now, Sacramento County's average Pavement Condition Index, or PCI, is just 41 out of 100. That is considered poor by engineering standards, meaning many of our roads are approaching the point where simple maintenance is no longer enough. Our backlog of deferred road repairs is now estimated at more than one billion dollars, more than double what it was less than a decade ago.

In Sacramento County, we've done what we can with the tools we have. For several years, the County has dedicated about \$20 million annually from its General Fund to road repair — a significant commitment that few other counties make. As I've settled into this role and spent time in our communities, I've also seen how Citrus Heights is investing its own General Fund dollars into local road improvements and taking an entrepreneurial approach that stretches every dollar further.

This commitment has delivered real, visible progress in recent years. Still, without a dedicated funding source, both the County and most cities face an uphill battle. Communities with local sales tax measures, such as Elk Grove and Rancho Cordova, are moving ahead more quickly, while others must continue stretching limited resources to keep pace.

Part of the reason we're here is because the gas tax and vehicle fees people already pay are not

keeping pace with rising costs and declining state and federal funding. When the most recent state gas tax increase was passed in 2017, it was promoted as the solution that would finally fix our roads. The public messaging was convincing, but the actual measure told a different story.

Even before it passed, the previous County Supervisor for this district warned that it would only cover a small portion of our road maintenance needs — and that our PCI would continue to decline. Unfortunately, that warning proved correct.

The revenues from that gas tax helped slow the decline for a few years, but they were never enough to reverse it. Meanwhile, the state's distribution formulas have shifted funding toward statewide priorities and larger metropolitan centers, leaving counties like ours to fend for ourselves. At the same time, construction costs have skyrocketed, and as more residents switch to electric vehicles, gas tax revenues continue to fall.

That's why I've asked County staff to bring forward a proposal for the Board of Supervisors to consider: a small, time-limited sales tax that would be used only to repair existing roads in unincorporated Sacramento County — nothing else. This would likely be a half-cent or smaller increase for up to ten years, overseen by a citizen advisory committee to ensure every dollar is spent as promised.

Unlike past proposals that spread money across unrelated projects such as buses, bike lanes, or light rail, this plan would be narrow, transparent, and entirely focused on the issue residents care about most — fixing the roads we already have.

People tell me all the time that they would support a tax if it actually went to fixing the roads. This proposal is exactly that. It would finally allow us to fully address the backlog and restore Sacramento County's roads to a level of quality that residents expect and deserve.

We cannot keep waiting for someone else to fix this. Either we make the investment now, or we allow the problem to grow more expensive every year. I believe residents are ready for a straightforward plan they can trust — one that delivers visible, measurable results.

If you'd like to share your thoughts or learn more about this proposal, please reach out to my office at (916) 874-5491 or email SupervisorRodriguez@sacounty.gov. Together, we can make sure Sacramento County's roads are safe, reliable, and something we can all be proud of again.

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Orangevale

HISTORY PROJECT

Naming of Orangevale

By Mark Aring

We are often asked "When did Orange Vale become Orangevale?" and this question does not have a simple answer! Most people have the opinion that it was "Orange Vale" from the beginning and then gradually got merged into a single word. We

gave our History Detectives a mission to find out the truth behind the matter

Just in case you did not know, the History Detectives are the volunteer crew of researchers that help the Orangevale History Project dig up all the data that authors our articles and fills our presentations. We are always looking for more help if that is up your alley!

Back to the name, the company

that was formed in 1887 to develop the property was named the Orange Vale Colonization Company and so we have a basis for the two words split. Also, in 1896 when they formed the water company, we ended up with the Orange Vale Water Company which is still in existence today. So where did this notion of merging orange and vale come from?

Taking a look at the newspapers of the time and reviewing how Orangevale was printed gives another observation. The early years with the San Francisco Examiner and the Sacramento Bee it appears to be two words. However, The Record-Union has advertisements and articles from the very beginning with "Orangevale" clearly stated and very consistently with a smattering of "Orange Vale" for confusion. In the Folsom Telegraph there were mostly two words with the occasional usage of both forms at times in the same article! Perhaps the authors of various articles and advertisements had their preferences, but eventually by the early 1900s the split form of the name had mostly dissipated into the fading annals of history. However, for those that call the 'Vale home, we'll always fondly remember Orange and Vale dancing together in our memories.

Orange Vale Developer Topic at Meeting

The community is invited to the Orangevale History Project's next speaker on David Lubin, one of the developers of Orange Vale Colonization Company. Join us Wednesday, November 5th at 6pm at the Orangevale Library Meeting Room. Presentation by Sacramento author Annette Kassis. In 1874, David Lubin hung a provocative sign over a ten- by twelve-foot space on the corner of Fourth and K Streets in Sacramento, California: "D. Lubin: One Price." Thus began the dry goods store that would evolve into Weinstock, Lubin and Co. But how did this poor Jewish Immigrant go from founder of one of Sacramento's landmark businesses to an audience with the king of Italy and the launch of an agricultural mission that exists to this day? And what did achieving his goals cost him?

A Message from OV Chamber President

Anthony Garcia

In the changing season, we have an opportunity to reflect on the past few months and celebrate our achievements, acknowledge our challenges and anticipate what comes next.

The Orangevale Farmers Market draws to a close this month, which means the Bands & Brews Chamber Beer Garden takes a break as well. Hundreds of Orangevale residents and chamber members have joined us for our most successful season yet! It's truly been a blessing to have the community together each week, and we hope to see you at our final market October 30th, dressed up and ready to go into the offseason with a bang! Check out our Facebook page for more information.

In regards to other Chamber activities, we've still engaged our members with marketing workshops, gatherings of our government representatives and celebration of sport. These activities will surely continue! Keep up to date with Chamber events on our website and subscribe to our newsletter.

The past few months have also presented challenges, as we perform some long overdue repairs and maintenance on our building at Hazel & Greenback, in preparation to open the space as a community meeting center. Smack in the middle of town we want all of our members and community organizations to feel at home, and have a space to come together to



Anthony Garcia President, Orangevale Chamber of Commerce

make our town the best place to work and live.

For details about upcoming events, workshops and how to get involved, we welcome you to subscribe to our newsletter, bookmark our website and like our Facebook page. There you will find our Member Mondays, Tell Us Tuesdays and other ways to engage in Orangevale.

I'd love to hear from you personally! Email me at president@orangevalechamber.com and let me know how the Chamber can help your business. Thank you for your ongoing support, together we make Orangevale a place we're all proud to call home.

-Anthony Garcia

President, Orangevale Chamber of Commerce

HONORING OUR PAST: HISTORIC LINCOLN HIGHWAY SIGNS COMING TO ORANGEVALE AND FAIR OAKS

There's something special about living in a community that treasures its roots and this fall, both Orangevale and Fair Oaks will take a meaningful step in preserving a piece of our shared history.

The Sacramento Sierra Historic Lincoln Highway Corridor, led by Andrew Saunders, in partnership with the Lincoln Highway Association and the Fair Oaks Historical Society, is proud to announce the installation of 14 new Historic Lincoln Highway signs throughout Sacramento County, including right here along Greenback Lane.

These new signs mark the 1928 Lincoln Highway route, the first true coast-to-coast highway in America, which once guided travelers from New York all the way to San Francisco. The project celebrates not just a roadway, but the pioneering spirit that helped connect communities across the nation and across our own hometowns.

The Fair Oaks unveiling ceremony will take place on Saturday, No-

vember 1 at 3 p.m. near the corner of Fair Oaks Blvd. and Greenback Lane, next to the Mount Vernon Cemetery.

The celebration continues in Orangevale the following week, with a second ceremony on Saturday, November 8 at 3 p.m. near the corner of Orangevale Avenue and Main Avenue.

Both events are open to the public and will feature local representatives, community members, and history enthusiasts coming together to honor this legacy.

Special thanks go to Sacramento County Supervisors Rosario Rodriguez and Rich Desmond for their support, as well as Lu Li, Principal Civil Engineer with the Sacramento County Department of Transportation, for helping make this project possible.

It's easy to overlook the history beneath our wheels but the Lincoln Highway remains an enduring reminder of how travel, progress, and community spirit have always been connected.

Come be part of this special moment as we celebrate the history that built the road to our future. Learn more by visiting <http://www.lincolnhighwayassoc.org>

SEPTEMBER HOME SALES

The below information is based on data obtained at Metrolist Services Inc.

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8629 Oak Ave	3	1	1008	\$380,000
9100 Sutton Way	3	2	1253	\$385,000
8461 Central Ave	3	2	1008	\$436,500
8992 Woodward Way	3	1	960	\$445,000
8619 Posaders Ave	3	1	960	\$450,000
8645 La Paenda Way	3	2	1117	\$470,000
6954 Woodmore Oaks Dr	3	2	1285	\$479,000
6631 Diocletian Way	3	2	1056	\$480,000
9051 Polly Ave	3	2	1260	\$483,000
9192 Pershing Ave	3	2	1145	\$488,000
8691 Quail Oak Way	3	2	1754	\$490,000
9117 Terramore Dr	3	2	1833	\$490,000
6512 Beech Ave	3	1	1008	\$495,000
7045 Woodmore Oaks Dr	4	2	2138	\$495,000
8531 Heather Cross Way	3	2	1590	\$505,000
8105 Highwood Way	3	2	1394	\$505,000
6713 Almond Ave	3	2	1008	\$506,500
9523 Rock Ct	3	2	1164	\$530,000
6939 Cross Dr	3	2	1730	\$535,000
8916 Calvert Ave	3	2	1325	\$540,000
6708 Chastain St	3	2	1248	\$555,900
9641 Beachwood Dr	3	2	1101	\$575,000
5544 Montia Ct	4	2.5	1918	\$599,900
9281 Rock Canyon Way	3	2	1353	\$609,000
6318 Old Orchard Way	3	2	1826	\$625,000
8641 Timber Ct	3	2	1457	\$627,900
9325 Dovewood Ct	4-5	2	1816	\$635,000
8725 Pathfinder Ct	5	3	2688	\$700,000
8956 Eden Oaks Ave	3	2	1327	\$725,000
6442 Chestnut Ave	3	2	1930	\$860,000
8827 Eula Way	4	3	2415	\$950,000
8820 Ridge Hill Ct	5	3	2972	\$970,000
8520 Pheasant Ridge Ln	3-4	2	2228	\$989,000
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COMING UP WITH OVPARKS





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FRIENDS FEAST
11:45am-1:00pm @ Orangevale Community Center

14 & 15 NOVEMBER 2025
HOLIDAY CRAFT FAIR
Friday 3:00pm-7:00pm, Saturday 9:00am-3:00pm

05 DECEMBER 2025
COMMUNITY TREE LIGHTING
6:00pm-7:30pm @ Orangevale Community Center

Preschool Karate
11/3 - 1/28
Ages 4-6
4:15pm-4:45pm

Kidz Korner Fall Sessions
11/4 - 1/15
Ages 3-5
9:00am-11:30am

Chen Tai-Chi Chuan
11/4 - 12/4
Ages 17+
7:00pm-8:00pm

Soccer Clinic
11/3 - 12/8
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4:30pm-5:20pm

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An Apology, Correction and the Column You Were Supposed to Get Saving a Divided Democracy, One Club Membership At A Time

Why America Needs More Clubs — and Fewer Spectators

By Patsy McGavock,
JustServe.org



Patsy McGavock
JustServe.org

An Apology and A Correction – In the October 10 issue of the Orangevale View, an editorial I submitted was mistakenly printed under my OV Connection header. I want to clarify that it is not my intent to use Community Connection as a personal political platform. I want my readers to know it is not my intent to use Community Connection as a personal political platform. I was concerned the error may have affected your trust. My goal remains to offer Community Connection as space to

help each of you change the world around you for the better by connecting with others. Thank you for your understanding and your continued support. Which leads to a timely question: how does an ordinary person help save a divided democracy? Fifty years of data suggest: start or join a club—and bring others with you. We do things, not view things, together.

In 1830, a French aristocrat

studying American democracy noticed something unique: Americans formed clubs. Alexis de Tocqueville called associations the “great free schools of democracy,” where citizens practiced self-government—skills like listening, leading, trusting, and solving problems through collaboration and compromise.

Nearly 200 years later, we face a crisis of isolation and division. But the answer, perhaps surprisingly, remains the same: we need to be together. Regularly. In person. Whether it’s a civic club, neighborhood BBQ, sports league, or choir practice, the future of our democracy depends on it.

“There is no America without clubs,” says Pete Davis, civic advocate and co-director of the 2024 documentary Join or Die, which explores the life’s work of social scientist Robert Putnam. “What happens when a society built on associations stops saying ‘Sign me up’ and starts saying, ‘I’m not really a joiner?’”

The film’s answer is clear: we come apart.

Putnam raised warning in the 1990s, using the analogy that while Americans still bowled, they now bowled alone. Every area of civic life—including dinner parties, picnics, and family meals—had declined steadily since the 1960s, many by 50%. Trust in government dropped from 75% to 25%.

Through decades of research, Putnam

found the most successful democracies—those that were stable, effective, and trusted—shared one key trait: dense networks of civic and social connection.

“Politics, yes,” he said, “but more importantly, reading groups, soccer teams, newspaper readership. It was layers of social trust.”

Sorting dozens of variables to rank newly independent democratic Italian regions in the 1970s, Putnam found the correlation between civic engagement and democratic success was, in his words, “a straight line—that almost never happens in social science.”

In short, democracy doesn’t start in Washington—it starts locally. “It was so simple I was almost embarrassed,” Putnam admitted.

Our Rhythm Broke — And So Did We

So what happened? When reviewing Putnam’s research, Congress couldn’t agree on a cause. But Putnam and others observed: “We let the rhythms of American life change.” We lost our tempo of weekly, monthly, and annual civic gatherings.

We moved indoors with our TVs, online with the web, and became twitter-pated by social media. We grew tired—longer commutes, busier schedules, increasingly hostile national discourse. Slowly, we lost the warmth and accountability of face-to-face interaction—especially where we disagree.

As labor organizer Jane McAlevey bluntly put it:

“You have to go face to face, toe to toe, and engage in serious and meaningful conversation. Then you realize—you have more in common than you don’t.” “And then you all meet for choir practice later,” adds Putnam.

We turn the corner when we stop watching, stop scrolling, and start showing up.

Rebuilding Hope
We’re also losing hope—and the emotional toll hits young people hardest. Gen Z and Millennials report record levels of burnout, loneliness, and despair. In a Fortune interview, NYU professor Suzy

Welch recalled asking a 25-year-old freelancer why she and her peers felt “just so burnt out.” The reply stopped her: “But you had hope.”

Welch reflected: “We all did. We believed that if you worked hard, you were rewarded. That’s the disconnect.”

Restoring hope in young people—with them, not just for them—is essential to renewing our divided democracy.

There’s reason for hope. We’ve done this before.

In the early 1900s, during America’s Gilded Age, the country faced deep social upheaval—industrialization, widening inequality, party gridlock, and public despair. Yet these divisions drove people to connect. They knew they needed each other—and built what was missing.

By 1910, a third of adult men belonged to at least one club. The General Federation of Women’s Clubs grew from its 1890 founding to over 1,000 chapters in eight years. African American clubs, student organizations, company clubs, and unions all flourished.

The result? A 60-year upswing in every marker of democratic health—even through depression and world wars.

We turned it around. We can again.

As Putnam says: “The future of your country is in your hands. You can decide to change history.”

Learn how in the next issue of Community Connection. Until then, I’d love to hear from you. Ponder this:

What do you love to do—and how can you connect with 10 other people to do it, together and regularly?

Email me. Let’s start a movement—together. Connect with Patsy at PatsyMcGavock.JustServe@gmail.com




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Ottomon kindergarten teacher, Kelly Haskins, shares her easy Chicken Tortilla Soup recipe. It makes plenty for lunch leftovers. It is a very easy recipe that is perfect on a fall day. If you would like to share a favorite fall recipe, please send a copy to Suzanne Feblowitz at the Orangevale View (editor@ovview.com). Be sure to include your phone number or email with your recipe in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit

your name.

Crockpot Chicken Tortilla Soup

1-15.5 oz can of chili beans in tomato sauce
 1-14.5 oz can of petite diced tomatoes
 1-15 oz can of corn, drained
 1-10 oz can of Rotel
 1- 14.5 oz can of Mexican recipe stewed tomatoes
 1-15 oz can of black beans, drained
 1-32 oz container of chicken broth
 1-4 oz can of diced green chiles
 1.5 pounds of boneless skinless chicken breast

1 package of taco seasoning

Garnish:

Crispy tortilla strips
 Avocado (diced)
 Sour cream

Place all ingredients in the crockpot. Use a large crockpot. Cook on High for 5 hours or 8 hours on low. Shred chicken about a half an hour before serving. Garnish with diced avocado, sour cream, and crispy tortilla strips. This makes a nice amount for leftovers!

Teens Wanted: Join Helping Hands OV's Green Teen Project and Lend a Hand!

Got a rake? A lawn mower? A big heart? Helping Hands OV invites teens ages 13 to 17 in Orangevale, Fair Oaks, Folsom and Citrus Heights to join its Green Teen Project, a fun way to help neighbors in need while earning community service hours and prizes.

The Green Teen Project connects teens with local families who could use a little extra help around the yard. Teens can mow lawns, rake leaves, and tackle small outdoor chores, making a real difference in someone's day—and their community. It's hands-on, rewarding, and a chance to show off your skills (or learn a few new ones).

"Helping teens get involved in their community is excit-



ing and inspiring," said Cyn-di Rose, Helping Hands OV Board Member. "It's simple, it's fun, and it really makes a neighbor's day better."

Teens can sign up online at helpinghandsov.org. Once the form is complete, parents receive a consent form, and teens are ready to start helping—on their own schedule. The program is open to all local teens, whether or not they attend San Juan Unified schools.

Whether it's mowing a lawn, raking leaves, or donating food, teens and families have a real chance to make an impact," said Sydnie Anderson, President of Helping Hands OV. "The Green Teen Project is about giving back, having fun, and making your community a better place—one yard at a time."

For more information about the Green Teen Project and volunteering opportunities, visit helpinghandsov.org or contact Helping Hands OV at helpinghandsov@yahoo.com.

With the Green Teen Project and Fall Food Drive, Helping Hands OV makes helping hands fun, meaningful, and easy. Teens are encouraged to join and see firsthand how a few hours of yard work can brighten someone's life.

Article and photo submitted by Sydnie Anderson

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Local SPORTS

Casa Roble's football team continued its dominant season with a 57-6 victory over Natomas last Friday, improving to 6-1 and remaining one of the top contenders in the league race. The win showcased all three phases of the game — defense, special teams, and offense — working in perfect sync.

Casa jumped out to a remarkable 29-0 lead in the first quarter, with most of those points coming before the offense had even taken a snap. The Rams' defense opened the night with back-to-back touchdowns on turnovers, followed by a scoring pass on the offense's first play, and capped the quarter with a special-teams recovery off a misplayed punt.

Casa added two more scores before halftime, including another defensive touchdown — an interception returned the length of the field just before the break — to



take a 43-0 halftime lead. A running clock in the second half made for a quick finish, but the Rams still found time to showcase depth across the roster.

The upcoming matchup with Dixon, initially ruled a forfeit following a tragedy within the Dixon program, has

now been rescheduled for this Saturday. Casa Roble and head coach Chris Horner agreed to play the game, offering both teams a chance to take the field in the spirit of competition and community support.

Following Saturday's 1pm contest, Casa will return home on October 24 to host El Camino for Senior Night, before closing the regular season with a Halloween night showdown at Sutter — a matchup expected to determine the league title and playoff positioning.

With a balanced attack and one of the most opportunistic defenses in the region, Casa Roble heads into the final stretch of the season focused, motivated, and confident.

Article and Photo by Tim Engle



DIVE INTO CONFIDENCE AT ROLLINGWOOD YMCA

The Rollingwood YMCA Swim Lesson Program is making waves this season! With a newly expanded team of highly experienced instructors, we're ready to welcome more families than ever before. Whether your child is just learning to blow bubbles or mastering freestyle, our instructors provide personalized attention, safety-focused coaching, and plenty of fun along the way.

Families can enjoy lessons year-round thanks to our cozy heated pools — our indoor pool stays at 85 degrees and our outdoor pool a warm 83 degrees, even through winter. No matter the weather, it's always swim season at Rollingwood.

Parent Spotlight:

"My daughter used to be afraid to even put her face in the water. After just a

few weeks at Rollingwood YMCA, she's swimming across the pool with a huge smile. The instructors here really know how to build trust and confidence — I can't thank them enough!" — Jessica H., Fair Oaks parent

From the Aquatics Director:

"Our goal is simple — to help every child feel confident, capable, and safe around water. With our expanded staff, we're opening the doors for more families to experience the joy of swimming together," says Erik McClain, Association Aquatics Director for the YMCA of Superior California.

Come make a splash this season — enroll now at ymcasuperiorcal.org/swim-lessons and let your child's aquatic journey begin!

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Join your friends and neighbors for this special night enjoying a warm traditional Thanksgiving meal together while raising much needed funds for the Teen Council of Orangevale and Fair Oaks!

Individual tickets, tables and sponsorships are available through this link. All money raised goes 100% into building the leaders of tomorrow and supporting teens in need at our local high schools and middle schools!

Grab your tickets here: <https://cf-ovfo.ticketspice.com/5th-annual-friendsgiving>

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Boq (A901416) – 2-year-old Husky/Shepherd mix with one blue eye and a playful spirit. Loves walks, squeaky toys, and pool time.



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Placer SPCA Cat of the Week: Charlotte | 1 Year Old | Female | Gray & White Tabby

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Phil Isaacs of CECS

Community members are encouraged to nominate a veteran by sharing their story, service background, and home details. Nominations are open now through November 5, 2025. The winner will be announced on Veterans Day, November 11, 2025, in recognition of the sacrifices made by our nation's heroes. Learn more: <https://www.calenergyexteriors.com/windows-for-warriors>

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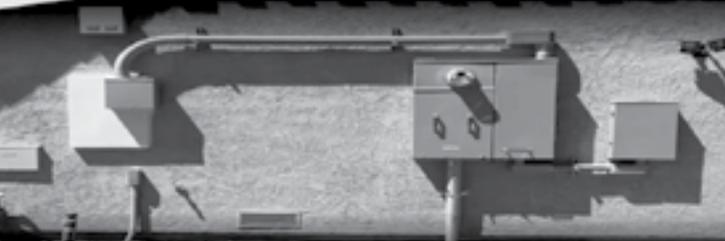
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TRUNK OR TREAT: A FAMILY-FRIENDLY HALLOWEEN CELEBRATION

Get ready for a night of festive fun

at the annual Trunk or Treat event at Sunrise Community Church in Fair Oaks! Join us on Wednesday, October 29th, from 6:00–8:00 PM for a free, family-friendly evening packed with laughter, candy, and community spirit.

This year's event promises to be bigger and better than ever! Instead of going door-to-door, children will enjoy trick-or-treating at creatively themed trunks, each decorated with imagination and filled with candy and surprises. Stroll through rows of colorful displays, snap photos, and explore the whimsical world each trunk creates.



But the fun doesn't stop there! Kids can jump in the bounce house, decorate cookies, play games, and show off their best costumes. Parents will love watching their kids participate in this interactive evening—and can even grab a cup of coffee from the on-site coffee vendor while they enjoy the fun. Trunk or Treat is the perfect way for families to celebrate Halloween in a safe, festive, and friendly environment. With

costumes, candy, games, food, and friends, it's an evening everyone will remember. So grab your costumes, invite your friends, and join us for an unforgettable night of Halloween excitement at Sunrise Community Church on Wednesday, October 29th, from 6:00–8:00 PM!



Stop in, say hello, and enjoy tours, treats, and giveaways—come see what makes us special.

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PEACE THROUGH PRESENCE: ORANGEVALE INTERFAITH VIGIL INVITES REFLECTION AND UNITY

Peace Through Presence: Orangevale Interfaith Vigil Invites Reflection and Unity

By Patsy McGavock,
 JustServe.org

One week after the International Day of Peace, as division continues in headlines, faith leaders and community members gathered in quiet unity at Redeemer Covenant Church for the first Interfaith Peace Vigil, hosted by the newly formed Orangevale Interfaith Collaborative.

The Sunday evening event, held Sept. 28, drew people from diverse faiths to share prayers, reflections, and—most importantly—peace.

Pastor Dan Meyerpeter of Redeemer Covenant Church opened with humor and honesty, noting hints of truth in jokes whose punchlines hinge on religious divides. But on this night, faith was a bridge—not a boundary.

The atmosphere was gentle as guests, though strangers, greeted one another openly and quietly took seats under the pavilion as the sun dimmed and lights came on.

“Our world is swimming in conflict,” said Meyerpeter. “We breathe it. It is all around us. But tonight, we are coming together, each offering our vision of peace.”

The gathering was intentionally simple: faith leaders sharing how they see peace in their tradition, each offering a prayer. Attendees were invited to participate or simply observe and learn. Time was set to write and reflect, and refreshments shared. Simple, yet the impact was anything but ordinary.

“I really did feel peace from being here,” said Trish Nishio of Divine Savior Church. “In the prayers, in the hope—and the learning. I know some people took a risk to be here. It was powerful.”



Interfaith Peace Vigil Brings Connection and Peace Dan Meyerpeter speaking. Photo by Patsy Patsy McGavock,

Jen Shaver, Director of Faith Formation at Divine Savior Catholic Church, shared Saul's transformation from persecutor to apostle and a child's Sunday school response when asked how it happened. In the frank wisdom of children, one student replied, “Love is the greatest power of all.” Another added, “Hate, it doesn't work at all.”

Gurpreet Singh, granthi at the Orangevale Sikh Gurdwara, offered the Ardas, a daily prayer of supplication, inviting attendees to remove their shoes and cover their heads in respect. Presented in Punjabi and partly sung, the prayer asks for God's help, forgiveness, and blessings as tasks are undertaken or completed and concludes by requesting God's helping hand to all people.

Bishop Ben Kirk of the Church of Jesus Christ of Latter-day Saints, who leads the Santa Juanita Ward, commended the youth for choosing to come and encouraged everyone to keep showing up in person to connect—especially across differences. “Notice how this is different than what we see on social media,” he said.

“Blessed are the peacemakers,” Kirk continued. “Treat each other like the human family we are intended to be.” He offered a prayer

for all in conflict—be it global, political, interpersonal, or relational—to find and feel peace.

Amid gentle guitar music, participants wrote and reflected on their purpose for coming—what they hoped to receive, release, or forgive. One observer praised the invitation offered by organizer Patsy McGavock. “When she spoke, I was so touched. The tenderness she expressed. The invitation she shared.”

In closing, many stayed to talk, listen, and share, enjoying cookies shaped like doves alongside Indian sweets.

Friendships formed, and some exchanged numbers to walk and talk again. “I'm grateful for what I learned and the love I've felt,” shared Yvette Bedford of the Church of Jesus Christ of Latter-day Saints.

“Creating a space of trust—it heals people,” said Sharon Laitinen of Divine Savior Church. “I see bridge building here. I'd love more—across politics, across identities, religion.”

The Orangevale Interfaith Collaborative, though still informal, will continue invitations to experience peace, love, and understanding together. They hope this is just the beginning.

ORANGEVALE LIBRARY

ORANGEVALE LIBRARY
8820 Greenback Ln L,
Orangevale, CA 95662

HOURS

Tuesday 10AM–6PM
Wednesday 10AM–6PM
Thursday 10AM–6PM
Friday 10AM–6PM
Saturday 10AM–6PM

Heirloom Seeds Available at the Orangevale Library The Orangevale Library has heirloom seeds to start your own garden. Grow a variety of herbs, ornamentals, and edible plants. Save money and reduce your carbon footprint by growing nutritious food at home. The seed library is completely free of charge and available to anyone.

KIDS

Family Storytime Thursdays, 10:30 a.m. - 11:30 a.m. Jane Wise Community Room Families with young children (0-5) are invited to join us for songs, rhymes, and stories designed to build early literacy skills. Older siblings are welcome to at-

tend. After the storytime we will put out toys and activities for a stay and play session where children can play and communicate with each other.

Explore and Learn Tuesdays, 11:00 a.m. - 12:00 p.m. Jane Wise Community Room Join us for Explore and Learn, a program with fun learning activities for young children and their caregivers to meet others and play together. There will be no Explore and Learn on November 4th and Nov. 11th.

Family Art Lab Saturday, October 25, 3:00 p.m. - 5:00 p.m. Jane Wise Community Room We bring the art supplies, you bring the creativity! Families, kids and teens are welcome to join us as the library puts out a variety of art supplies and let everyone make whatever art they want! Paints, modelling clay, markers, air brushing, and more are available for us to make pictures, sculptures, and mixed media projects

Minecraft Gaming Thursday, November 6, 2:00 p.m. - 4:00 p.m. Jane

Wise Community Room Enjoy this computer game on our own library server! Participants should be aged 6 - 17; Registration is encouraged at www.saclibrary.org/events. There is a 15-minute grace period for checking in to this program. If you have not arrived by then, we cannot guarantee a spot will be available.

Read to a Dog Friday, November 14, 3:30 p.m. - 4:30 p.m. Jane Wise Community Room Kids are invited to practice their skills by reading aloud to a certified therapy dog (and their handler). Attendees may bring a book to read or choose one from the library.

STEAM - LEGO® Robotics Saturday, November 15, 10:30 a.m. - 12:00 p.m. Jane Wise Community Room Led by a team of student instructors, kids ages 9 to 14 will work in groups to design, create and program a Lego robot and learn STEAM skills with this fun, hands-on project.

ADULTS

Denim Embroidery Workshop Wednesday, October 29, 4:00 p.m. - 6:00 p.m. Jane Wise Community Room Learn the basics of embroidery to update your denim jacket with a DIY flair! Registration required. Age group: Adults

Mixed Media Art Journaling Saturday, November 8, 10:00 a.m. - 1:00 p.m. Jane Wise Community Room Use your imagination and all kinds of mixed media to create a free-style art journal. Both inexperienced and lack of talent are welcome! The Friends of the Orangevale Library have graciously provided art journals and supplies to create a place for creativity to unfold. Please note, supplies are limited so feel free to bring your own too. Age group: Adults

Orangevale Adult Book Group - The Three Lives of Cate Kay Saturday, November 15, 2:00 p.m. - 3:00 p.m. Jane Wise Community Room Join us in-person for a lively and engaging discussion and make new

friends! This month we will be reading The Three Lives of Cate Kay by Kate Fagan. Starting one month before the meeting you can pick up a copy of the book from the front desk of the Orangevale Library or check our library catalog for available copies of the books and ebooks.

Genealogy: Getting To Know You Saturday, December 6, 1:30 p.m. - 3:00 p.m. Jane Wise Community Room Do you need help researching your family history? Learn the basics, try new resources, and share discoveries with a group of Time Detectives. There's always something new to learn on a genealogy adventure! Age group: Adults

Genealogy: Book a Genealogist Saturday, December 6, 3:00 p.m. - 4:00 p.m. Jane Wise Community Room Need help with your family history? Root Cellar volunteers are ready to help with free individual 30-minute sessions at the Orangevale Library. Reserve your session at www.saclibrary.org/events Age group: Adults

Orangevale Recreation & Park District
6826 Hazel Avenue
Orangevale, CA 95662
Office Hours:
Monday-Friday -
8:30am-4:30pm
Phone Number:
(916) 988-4373

EVENTS:

Friends Feast - November 7th | 11:45am–1:00pm Come enjoy a fun-filled afternoon with lunch and refreshments! Meet new people, reconnect with friends, and learn more about what's happening at OVparks. Come by yourself or bring a friend—we can't wait to see you.

Holiday Craft Fair - November 14th & 15th | Friday 3:00pm-7:00pm, Saturday 9:00am-3:00pm Handmade crafts, unique gifts, jewelry, clothing, and holiday crafts and decorations from over 35 local artisans will be on display for your shop-

ping pleasure.

SAVE THE DATE!!

Orangevale Community Tree Lighting - December 5th | 6:00-7:30pm Join your Orangevale family to celebrate the holiday season with photos with Santa, festive performances, and more!

YOUTH CLASSES:

Skyhawks Clinics – Starting Soon! Skyhawks is packed with exciting clinics, tennis, pickleball, beach volleyball, and soccer. Clinics starting soon, register online today!

Adventure Crew is back! – Monday - Wednesday, November 24th-26th The perfect Thanksgiving break all-day camp for ages 5–12! Enjoy games, crafts, and more from 8:00am to 5:00pm. Register online today!

OVparks Top Notch Thanksgiving Basketball Camp Monday-Wednesday | November 24th-26th 10:30am-12:30pm Our awesome staff will help players level up their basketball skills, from ball handling and shooting to defense, teamwork, passing, and more! Get ready for a fun, fast-paced camp that covers every part of the game.

ADULT CLASSES:

Mid-Day Movie – Monday, October 27th MOVE is hosting a FREE mid-day matinee. Coffee and popcorn are provided. Bring a lunch or snack to enjoy during the movie.

Collette: Travel Presentation - Monday, October 28th Presenting information on a variety of upcoming trips. Rates include roundtrip air, air taxes & transportation to and from Sacramento airport.

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ORANGEVALE VIEW OCTOBER 24, 2025